

COHotTurkeySandwichWGravy180

Number of Servings: 180 (149.64 g per serving)

Amount	Measure	Ingredient
3 1/2	cup	Margarine, 80% fat, unsalted, tub
7.00	Tbs	Spice, onion, pwd
2 1/2	qt	Flour, all purpose, white, bleached, enrich
2 1/2	gal	Broth, chicken, low sod, cnd
22 1/2	lb	Turkey, roast, light & dark meat, seasoned, rstd f/fzn
180.00	pce	Bread, whole wheat, slice

Nutrients per serving

Nutrition Facts			
Serving Size (150g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 540mg			23%
Total Carbohydrate 19g			6%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 18g			
Vitamin A 4%		Vitamin C 0%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Food Handling :

- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Melt margarine and stir in onion powder and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth. Cook stirring constantly until thickened.

Chop turkey into bite sized pieces. Combine with gravy and portion into serving pans. Heat through until temperature of 165 degrees F is reached.

For service, place one slice of bread on serving plate; top with a #8 scoop of turkey/gravy mix.

1 serving = #8 scoop = 1 CS

If unseasoned turkey is used/can be purchased, sodium level will be much less. Made with seasoned roast the #8 scoop is quite high in sodium.

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